

BREATHE EASIER: REDUCING ASTHMA TRIGGERS IN AND AROUND YOUR HOME

WAYS TO REDUCE THE RISK OF ASTHMA ATTACKS WHILE AT HOME:

In California, about 4 million adults and 1.2 million children are diagnosed with asthma during their lifetime

Both indoor and outdoor air pollutants can cause asthma attacks. Inside triggers can include pet dander, mold, tobacco smoke, wood smoke, strong odors, and dust mites. Outdoor triggers include ozone, fine particles, and pollen. As always, talk to your doctor about an Asthma Management Plan.



Outdoor air quality: Check real-time air quality in your area by downloading the South Coast AQMD smartphone app at www.aqmd.gov/mobileapp or visiting: www.aqmd.gov/aqimap. Plan your outdoor activities when air quality is cleaner.



Pollen: When pollen levels are high (often in the spring and fall), limit the time you spend outdoors.



Pets and dust: Vacuum and damp dust weekly to reduce indoor pet allergens and dust mites.



Bedding: Wash all bedding and stuffed animals in hot water every 1-2 weeks. You can also use a mattress cover or pillow case cover to reduce dust mites.



Stoves: When cooking on a stove or in an oven, use your range hood if you have one and open doors and windows if outdoor air quality is acceptable. Range hoods that vent outside are most effective. Cook on the back burners to increase the amount of pollution captured by the hood. Children in homes with gas stoves have a higher risk of developing asthma than children in homes with electric stoves.



Mold: For small amounts of mold on hard surfaces, clean using detergent and hot water, or a bleach solution. Fix water leaks and ventilate bathrooms and kitchen areas to help prevent mold. Wear gloves, a facemask, and goggles while cleaning.



Cleaning and personal care products: When possible, choose cleaning and personal care products that are fragrance-free.



Tobacco smoke: Contact your healthcare provider to discuss quitting smoking.



Wood smoke: Avoid burning wood in your fireplace, fire pit, or wood burning stove.



South Coast
Air Quality
Management District

